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Гибридная природа англоязычных и русскоязычных медицинских обзоров: аспекты языкового оформления

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Аннотация. Цель исследования – установление общих и специфических особенностей языкового оформления англоязычных и русскоязычных медицинских обзоров как текстов гибридного типа, совмещающих черты научного дискурса и дискурса массмедиа. Научная новизна состоит в том, что в работе впервые рассматриваются медицинские обзоры с точки зрения гибридности, описываются ключевые черты, которые характерны для дискурсов-компаньонов данных текстов. В результате исследования установлено, что в обоих корпусах преобладает общеупотребительная лексика, обеспечивающая доступность изложения сложного профессионального медицинского текста. Высокая доля разговорного пласта в английских обзорах подтверждается высокой частотностью глагола *said*, что указывает на активное использование прямого цитирования как инструмента медиадискурса. В английских обзорах цитаты являются смыслообразующим элементом, в то время как в русских их количество минимально. Научный компонент поддерживается специализированной терминологией, доля которой в русском корпусе выше, чем в английском, что свидетельствует о большей академичности русскоязычных обзоров. Общенаучная лексика составляет наименьшую группу в обоих случаях, поскольку она выполняет главным образом вспомогательную роль, выступая логическим звеном между терминологическим аппаратом и общеупотребительным пластом языка. Также было выявлено, что медийная природа текстов реализуется через трансформацию заголовков и использование концептуальных метафор. При этом частотность метафоризации в английских текстах почти в пять раз выше показателей русских обзоров.

EN

The hybrid nature of English and Russian medical reviews: a language design aspect

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Abstract. The research objective is to identify common and specific features of the language design of English and Russian medical reviews as hybrid texts that combine characteristics of scientific and media discourse. The scientific novelty lies in conducting for the first time the study devoted to the analysis of the hybrid nature of medical reviews and the investigation of their specific language organization. The research results show that everyday vocabulary prevails in both corpora, ensuring the accessibility of complex professional medical content. The high proportion of this layer is confirmed by the frequency of the verb ‘said’, indicating the active use of direct quotations as a main tool of media discourse. In English reviews, citations serve as a meaning-making element, whereas their number is minimal in the Russian corpus. The scientific component is supported by specialised terminology, the proportion of which is more significant in Russian texts than in English ones, suggesting a higher degree of academicism in Russian reviews. General scientific vocabulary constitutes the smallest group in both cases, as it primarily focuses on providing logical links between the terminological apparatus and the everyday language layer. It was also revealed that the media nature of the texts is realised through the transformation of headlines and the use of conceptual metaphors. Notably, the frequency of metaphorization in English reviews is nearly five times higher than in Russian reviews.

Introduction

The relevance of the research is explained by the growing interest in medical discourse because all issues related to health are considered to be universal concerns, and therefore, medical communication remains at the forefront of linguistic investigations. Nowadays, thousands of specialised scientific articles are published monthly, covering

different clinical trials, new medical studies and technological advancements in this sphere. However, a lot of specialists simply do not have time to get acquainted with the latest publications due to extensive work and paper load. The lack of updated knowledge can lead to diagnostic failure, medication errors and inefficient treatment. In order to keep medical professionals aware of the recent studies, a new genre of medical texts has become popular – medical reviews. These publications aim at simplifying information presented in scientific articles so that the specialists can easily grasp the main ideas of medical research and, in case of their interest, find the original source in the official journals. Therefore, medical reviews constitute an effective way of professional medical communication that demands specific attention of linguistic analysis in order to understand the basic mechanisms of information simplification with preservation of the key research data.

To fulfil the stated purpose, the following tasks were completed:

- to distinguish scientific features typical for English and Russian medical reviews;
- to highlight the key media characteristics of English and Russian medical reviews;
- to compare similarities and differences of the main language features in both corpora.

The material for our analysis comprises two corpora. The first one consists of Russian medical reviews with a total volume of 100,266 tokens (taken from the site Медвестник (<https://medvestnik.ru>)), while the second one represents English medical reviews (taken from the site Medical Xpress (<https://medicalxpress.com>)), and its volume equals 102,403 tokens. All reviews were collected by means of continuous sampling methods through specialised medical sites and are connected with various medical fields: cardiology, medical genetics, dermatology, neurology, oncology, gastroenterology, paediatrics and many others. At this point, it is also important to note that both English and Russian reviews are based on various international academic articles published in various journals in the English language.

To arrange detailed, precise and objective analysis, numerous methods were applied. Methods of corpus linguistics helped to compile the material for the research and identify the frequency patterns of specific lexical groups. Discourse analysis was employed to determine the communicative functions of the selected vocabulary and investigate conceptual metaphors. To evaluate the structural and syntactic adaptation of headlines, we applied text complexity analysis. Finally, the comparative method allowed us to identify similarities and differences in Russian and English medical reviews.

Theoretical background for the research is presented by works devoted to the investigation of professional communication, which is understood as a written or oral type of professional communication that can be characterised by a certain goal, common knowledge, values, and stereotypical situations of communication (Карасик, 2000; Голованова, 2013; Kong, 2014; Schnurr, 2024); studying the notion of medical discourse as a specific type of a social-oriented institutional discourse that unites different language means and extra-linguistic components of professional medical communication (Гончаренко, 2007; Казакова, 2013; Gotti, 2016; Fryer, 2022); analysing the issue of hybrid discourse where two different types of discourse are combined to construct a new format of text (Солопова, Наумова, 2018; Баландина, 2024; Hubb, 2002; Bowen, 2021).

The practical value of the research is presented by the opportunity to use the results of this study in the field of humanitarian knowledge and university courses such as Methods of Research in Linguistics or Text Analysis. At the same time, this research would help us understand the mechanisms of text simplification and text arrangement that lead to full information coverage in professional communities.

Discussion and results

Medical review represents a special type of professional medical text. Professional texts are verbally mediated communication, a process of controlled interaction between subjects of professional activity (Голованова, 2013). The main characteristics of professional discourse are the following: 1) goal orientation when at least one participant is dedicated to some core goal or task that is conventionally associated with a certain institution; 2) correspondence to particular norms of communicative behaviour; 3) distribution of institutional power and expert knowledge among the communicants; 4) social significance (Schnurr, 2024). Nowadays, scholars challenge the view of professional discourse as a static and self-contained system owned by a community of experts. Instead, they consider professional discourse as a dynamic process of symbolic negotiations embedded in deeper social contexts (Kong, 2014).

Professional medical discourse has always been the centre of linguistic research, as it is the main source of sharing and debating evidence-based findings. While early medicine relied on unquestioned, ancient doctrines, the scientific shift in the 17th century forced doctors to base their work on real, testable observations. As medical technology and surgical methods advanced, professionals needed new formats to accurately report their findings to others, thus scientific articles, experimental essays and medical reviews appeared (Gotti, 2016). Therefore, it is this constant dynamic need to exchange reliable life-saving information that keeps medical communication so essential in the modern world (Fryer, 2022).

Nowadays, medical reviews have become especially popular as they aim at providing complicated medical information in a more accessible form by combining elements of scientific and media discourses. Thus, we can say that this type of medical text can be characterised by a hybrid nature. Nowadays, in linguistics, we can observe different points of view on what the hybrid nature of discourse actually is. For example, J. Hubb (2002) specifies that hybrid discourse represents a mix of home (non-academic) and school (academic) languages that constitute a continuum of language possibilities allowing students to incorporate their own voices into academic writing. N. E. Bowen (2021) states that this term indicates complex communicative practice where different goals are interwoven. According to Russian scholars, hybrid discourse is a combination of different types of speech, cultural codes, and ideas that can

coexist in a text or context. Hybrid discourse arises as a result of language, style, or genre blending, and can reflect cultural and social differences (Соколова, 2020). Another definition of hybrid discourse is a combination of two or more types of discourse, whose blending leads to the creation of a new format of text where features of its components are modified, formalised and reinforced (Баландина, 2024).

To observe how this theoretical blending works in practice, it is necessary to examine the specific language features that coexist in English and Russian medical reviews. The initial point that attracts attention is the headline of the review, which is considered to be one of the main text elements. The headlines perform various functions depending on the type of discourse. For example, in media texts, their key role is connected with informative, pragmatic, and persuasive functions, while in scientific articles, they also serve to establish the authority and scope of the research, as well as to provide indexing and searchability. Scientific headlines are characterised by accuracy and precision, neutral and objective nature, long and descriptive sentence structure, as well as highly terminological vocabulary with complex grammatical constructions:

- *Stepwise differentiation from precursor intermediates and distinct Th1 checkpoints promote CD4 Th1 cell differentiation during chronic viral infection* (Niu, Brown, Shen et al., 2026).
- *Low-Density Lipoprotein Cholesterol Is Predominantly Associated With Atherosclerotic Cardiovascular Disease Events in Patients With Evidence of Coronary Atherosclerosis* (Mortensen, Dzaye, Bøtker et al., 2023).

Though English and Russian medical reviews are based on academic articles, their titles are generally modified according to the rules of media discourse. Firstly, their primary goal changes from precision and detailed informing of scientific research scope to audience engagement, secondly, the tone from neutral becomes catchier, thirdly, the length of the headline reduces drastically, and finally, the choice of vocabulary moves to general and simple, with slight inclusion of terminology, while grammar structures apply a telegraphic way of writing.

- *Dual brakes on T-cells: New targets found to boost immunity in chronic infections* (Rohman, 2026).
- *Выявлено условие влияния холестерина ЛПНП на развитие сердечно-сосудистых осложнений* (Манзюк, 2023). / *The condition of the influence of LDL cholesterol on the development of cardiovascular complications has been identified* (here and hereafter, the translations are provided by the author. – Al-Lami Hussein Mohammed Breesam).

Therefore, the authors of the reviews intentionally change the main structural element of the text in order to make it visually, lexically and grammatically more attractive and easier to comprehend. These points make us conclude that both Russian and English medical reviews apply features of media texts when dealing with headlines to attract the professional community to the research issues revealed in the text.

The scientific nature of the reviews is revealed mainly through the choice of vocabulary items. The first group of vocabulary in both types of corpora is presented by various terms that belong to the academic and professional level of communication: *loss of dopaminergic nerve cells, the PHGDH gene, small subsample of autistic people*. Their usage contributes to accuracy, conciseness and universality of the expressed ideas. Also, they perform a boundary-marking function that presupposes the existence of a reader's professional medical background for effective communication and text comprehension.

- *Анализировали данные 42 190 пациентов с фибрилляцией предсердий, которые принимали селективные ингибиторы обратного захвата серотонина и пероральные антикоагулянты* (Ларина, 2024). / *Analyzed data were collected from 42,190 patients with atrial fibrillation who were taking selective serotonin reuptake inhibitors and oral anticoagulants*.
- *The misfolding of the key protein alpha-synuclein (α Syn) from α -helical structures to β -sheet-rich structures plays a crucial role in the development of Parkinson's disease* (Ruhr-Universitaet-Bochum, 2025).

In the given examples, authors employed highly specific terminology like *фибрилляцией предсердий* (atrial fibrillation), *селективные ингибиторы обратного захвата серотонина и пероральные антикоагулянты* (selective serotonin reuptake inhibitors and oral anticoagulants), *alpha-synuclein* (α Syn) from α -helical structures to β -sheet-rich structures, which helps to achieve strict conciseness and accuracy while considering complex clinical issues. Moreover, their usage in grammatically simple sentences fulfils the boundary-marking function as the text explicitly requires the reader to possess a professional background to comprehend the information. However, the percentage distribution of the analysed group in both corpora is different: 14.3% for the Russian reviews and 10.6% for the English ones. Thus, we can state that Russian texts rely more on professional medical terminology.

The second group of vocabulary belongs to general scientific vocabulary: *analysis, data, validation, significance, risk, results*. Their main functions within medical reviews are to organise thoughts, describe methodology, highlight results, establish authority and provide a logical flow of information.

- *Анализ показал, что у этих пациентов вероятность инсульта была выше на 65%, а риск ишемической болезни сердца – на 58% по сравнению с контрольной группой* (Ларина, 2025). / *The analysis showed that these patients had a 65% higher possibility of stroke and a 58% higher risk of coronary heart disease compared to the control group*.
- *The survey included 10,836 participants, of whom 5,400 with complete data were included in the final analysis* (Public Library of Science, 2025).

For example, in the Russian sentence, general scientific terms such as *анализ* (analysis), *вероятность* (possibility), *риск* (risk) serve to highlight the key results and establish the findings' objective authority. Similarly, the English example demonstrates how this vocabulary is essential for describing methodology and organizing thoughts. Terms like *survey, data, analysis* guide the reader chronologically through the research. As a result of constant repetition of general academic vocabulary, the basic scientific framework of Russian and English medical reviews is constructed. The data reveal that general scientific vocabulary constitutes 24.2% for Russian texts and 18.6% for English ones. This suggests that while these lexical units are essential to the scientific nature of reviews and their logical

structure, they serve primarily to link highly specific medical terms and everyday vocabulary that is regarded as the third group of vocabulary in the analysed reviews.

Everyday vocabulary occupies a significantly large proportion in the English reviews, constituting 70.8% of the overall lexical units compared to 61.5% in the Russian corpus. This quantitative distribution suggests that while both corpora demonstrate a clear hybrid nature, English medical reviews rely more on mass-media engagement. Investigation of the most frequent lexical units showed that in the English corpus, the verb *said* (302) is among the most widely used verbal items. The frequency of this verb points out that English medical reviews consist of a lot of direct and selective quotations that are known to be essential elements of media texts. These citations aim to clarify some research issues that the scholars believe to be of particular importance:

- “*This therapy presents a new path forward in treating these rare immune conditions and reducing the burdens and risks for patients,*” said Booth, a consultant in pediatric immunology and gene therapy at GOSH. “*It’s a momentous breakthrough for families facing this devastating disease*” (University of California, 2025).

As for the Russian medical reviews, they are more preserved and concise, more oriented on scientific style, and therefore, the usage of citations there is practically minimised (11 citations per Russian corpus). As a result, we can state that both types of texts include citations as elements of media discourse; however, English reviews are more media-oriented in this aspect.

Another issue that differs English and Russian medical texts is connected with the usage of various stylistically marked lexical units, among which particular attention is given to metaphors. In both corpora, metaphors of the semantic domain ‘war/battle’ prevail:

- *Иммунотерапия обеспечивает целенаправленное выявление и уничтожение опухолевых клеток* (Дун, 2025). / *Immunotherapy provides targeted detection and destruction of tumor cells.*

- *В течение шести часов при комнатной температуре нити уничтожали 99% бактерий, обладающих лекарственной резистентностью* (Новицкий, 2023). / *Within six hours at room temperature, the threads destroyed 99% of drug-resistant bacteria.*

- *These cells are extracted from the patient and modified in the laboratory to recognize and attack specific cancer cells* (Carreras, 2025).

- *NK cells can identify and destroy unhealthy-looking cells, such as tumor cells, without prior exposure* (Karolinska Institutet, 2025).

In the Russian examples above, the interaction between medical treatment (body defence) and disease is explicitly conceptualised as a military conflict. Lexical units such as *уничтожение* (*destruction*), *уничтожали* (*destroyed*) present immunotherapy and antibacterial threads as active fighters against the hostile force of disease. English sentences also actively rely on the opposition of illness as an enemy and treatment issues as fighters through the following words: *attack* and *destroy*.

At the same time, we can observe various other metaphors of different semantic domains (such as nature and everyday life) that help authors of the reviews to present a vivid overview of the research findings and their contribution to treatment:

- *In the clinical setting, we want these T-cells to be ‘marathon runners,’ not sprinters in a 100-meter dash* (Allen, 2024).
- *This research significantly enhances our understanding of the immune mechanisms driving ANCA-associated vasculitis and opens the door to new approaches for disease monitoring and therapy* (Osaka University, 2025).

- *Хотя SARS-CoV-2 поражает только 5% дофаминовых нейронов, ученые считают, что даже небольшой популяции инфицированных клеток будет достаточно для развития серьезных последствий* (Машевич, 2024). / *Although SARS-CoV-2 infects only 5% of dopamine neurons, scientists believe that even a small population of infected cells would be sufficient to cause serious consequences.*

- *Предполагается, что перенесшие туберкулез пациенты, в особенности некурящие, могут выиграть от периодического скрининга рака* (Теслина, 2021). / *It is suggested that tuberculosis survivors, particularly non-smokers, may win from periodic cancer screening.*

In the English examples the authors used recognizable concepts from sport and everyday life. The comparison of T-cells with marathon runners links the familiar concept of athletic endurance and cellular biology. This vividly specifies the key therapeutic goal: to provide a sustained and long-term effect on the immune system. Also, a hidden comparison of a new research and a door employs an everyday metaphor to signify a medical breakthrough.

In Russian sentences, we can observe an example from the semantic domain of biology. The use of the term *популяция* (*population*) helps to describe a cluster of infected cells not as isolated microscopic units but as an interconnected community that can cause severe consequences to health. Finally, the phrase *пациенты могут выиграть* (*patients may win*) emphasises the victory of those who regularly undergo medical check-ups.

In this research, the quantitative characteristics of metaphor usage were applied for a precise comparison of media features in English and Russian medical reviews. Application of the metaphor frequency variable (MF) proposed by J. Zinken (2004) allows investigating the general amount of metaphor per 100 words in both types of texts. To arrange the calculation, we divided the entire number of metaphors (m) in each corpus by the entire number of words (tw). As MF-values can be very small and hard to understand, we multiplied this result by 100: $MF = (100 \times m) \div tw$. Thus, we received the following data:

- **English medical reviews:** $MF = (100 \times 43) \div 102403 = 0.0419$.

- **Russian medical reviews:** $MF = (100 \times 9) \div 100266 = 0.0089$.

The research highlights that English texts contain more metaphors per 100 words that indicates that they include more lexical units with emotional colouring typical of media discourse. Therefore, we can say that media-like nature is revealed in both types of reviews but is more marked in the English ones.

Comparative analysis of Russian and English medical reviews reveals their distinct hybrid nature. The scientific foundation is maintained through specialised terminology and general scientific vocabulary that ensure precision, objectivity and professional authority. The mass media influence is predominantly reflected in the structural adaptation of the headlines and the use of metaphors to transform complex medical data into accessible concepts.

Conclusion

Thus, we come to the following conclusion that medical reviews represent a specific type of professional text that combines features of scientific and media discourse. On the level of language design, characteristics of both discourse counterparts can be observed. The scientific foundation is constructed by means of specialised medical terminology and general scientific vocabulary. However, the Russian texts demonstrate stronger ties to traditional scientific style by using a higher percentage of specialised terms (14.3%) compared to the English texts (10.6%). In both languages, general scientific vocabulary constitutes the smallest lexical group (24.2% for Russian and 18.6% for English), serving primarily as a link between complex clinical data and everyday vocabulary that dominates in English and Russian reviews.

At the same time, both types of corpora actively employ mass-media strategies to ensure accessibility of the information to a wide audience. The media-like nature of English and Russian medical reviews can be seen in the way headlines are created. The original scientific titles of the articles that are long, terminologically rich and grammatically complex are adapted according to media style. They become more appealing, captivating, shorter, less complicated in the choice of lexical items and grammatically simpler. Another peculiarity is connected with the usage of quotations that generally constitute an essential element of media texts. However, here there is a distinct difference between English and Russian reviews. The first ones are more media-oriented and include a lot of quotes, while the last ones tend to minimise citations and maintain a more reserved and objective narration. The final issue connected with media is presented by the usage of stylistically marked vocabulary and mainly metaphors. However, the frequency of metaphorization in the English texts is five times higher than in Russian.

Therefore, we can state that the fundamental similarity between the two corpora lies in their hybrid language design, which successfully unites scientific accuracy and media accessibility. The primary difference can be viewed in the balance of these two types of discourses. English medical reviews rely more heavily on media discourse elements, whereas Russian texts remain more concise, preserved and closely tied to traditional academic norms.

Further studies can be devoted to the analysis of syntactic organization, such as sentence complexity, clause structure, and cohesive devices that would significantly enrich the field of professional medical reviews.

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